MEET THE HELPERS

- First aid kit
- Non-perishable food - at least a three-day supply
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Cell phone with chargers and a backup battery
- Flashlight
- Dust mask to help filter contaminated air
- Extra batteries
- Water - one gallon per person per day for at least three days, for drinking and sanitation
- Local maps
- Manual can opener for food
- Plastic sheeting and duct tape to shelter-in-place
- Garbage bags
- Whistle to signal for help
- Wipes for personal sanitation
- Wrench or pliers to turn off utilities

BUILD YOUR OWN EMERGENCY SUPPLY KIT

ADDITIONAL ITEMS YOU MIGHT WANT

- Antibacterial Hand Gel
- Blanket or space blanket
- Books, games, puzzles or printed PBS KIDS Activities for children
- Emergency phone numbers
- Feminine supplies and personal hygiene items
- First aid instruction booklet (can be obtained from the Red Cross)
- Infant formula and diapers
- Matches in a waterproof container
- Pet food and extra water
- Prescription medication for family members such as an epi-pen or inhaler
- Household chlorine bleach (In an emergency, you can treat water by using 16 drops of non-scented bleach per gallon of water)
- Important family documents such as insurance policies, identification, personal records

TIPS FOR PARENTS & CAREGIVERS

- Replace items as soon as possible after using anything from the kit.
- Talk with children about how to call 9-1-1 in a medical emergency.
- Review your Emergency Supply Kit twice a year and replace any expired items.
- Attend a training workshop for First Aid or CPR.
- Train family members how to use emergency medications such as epi-pens or inhalers.
- Designate a location for the Emergency Supply Kit and make sure every family member can access the kit (keeping any medications away from small children).

Adapted from Ready.gov